

## ABSTRACT OF THE DISCLOSURE

A There is provided an oil or fat composition composed chiefly of triglycerides wherein the rate of ~~middle~~<sup>medium</sup> - chain fatty acids in all the fatty acids composing the oil or fat composition is 5 to 23 % by mass and the rate of triglycerides having two ~~middle~~<sup>medium</sup> - chain fatty acid residues in the molecule in all the triglycerides is 1 to 20 % by mass.

10 The oil or fat composition is low in body fat accumulation, has equal cooking properties with conventional edible oils and has good flavor and high safety.

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